Substitute the following claim for pending claim 3:

3. (Amended) The method according to claim 1, wherein the mobile station reports channel quality information at a first rate in the absence of a reception of a transmission from the base station and, upon detection of a reception of a transmission from the base station, the mobile station reports channel quality information at a second rate for a prescribed duration.

Substitute the following claim for pending claim 4:

4. (Amended) The method according to claim 1, wherein the mobile station reports channel quality information at a first rate in the absence of a reception of a transmission from the base station and, upon detection of a reception of a transmission from the base station, the mobile station reports channel quality information at a plurality of rates over a prescribed time period after detection of the reception of a transmission, wherein the plurality of rates are different than the first rate.

Substitute the following claim for pending claim 11:

11. (Amended) A method for adapting the rate of reporting channel quality information in a wireless communication system including at least one base station and at least one mobile station, the method comprising:

reporting channel quality information from the at least one mobile station to the at least one base station at a first rate in the absence of a reception of a transmission at the at least one mobile station; and

in the presence of a reception of a transmission at the at least one mobile station, adapting the rate for reporting channel quality information from the at least one mobile station to the at least one base station from the first rate to a second rate.

